

ONE GOD, MANY PATHS, SPIRITUAL NOT RELIGIOUS



SPRING unlocks
the **FLOWERS** to paint
the **LAUGHING** soil.

~Bishop Reginald Heber



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Inner Growth

By Grace Noll Crowell

If a hard frost strikes in spring,
 new leaves are killed,
But nothing at all can stop the inner surge
Of life and growth. There will appear again
 A faint green mist denoting a strong urge
 To find the light, to seek the warming sun.
The hardy leaves will spring from branch and root
 Unscathed, unscarred by any former hurt,
And the dauntless tree again will bear good fruit.

If we are grounded well in God's great Truth,
 The ills of life cannot restrain our rise.
Out of the darkness, like the frosted boughs,
 We, too, will lift our faces toward the skies
And find that through an inner strength, new powers
 That were hitherto undreamed of will be ours.





Heart Talk

by Bernadette Voorhees



There's a natural, effortless, instinctive trust in nature that Unity teaches us to have in our own lives. An instinctive trust that knows that the pattern of the Christ within us is unfolding perfectly no matter what we may think or feel to the contrary. Here is a true story that illustrates this.

Two rugged, powerful mountain goats met on a very narrow pathway joining two mountain ridges. On one side of the path there was a cliff with a 1000 foot drop and on the other side of the path there was a steep cliff rising straight up. The trail was also so narrow that there was no room to turn around. The goats could not back up without falling, so what did they do? Instead of fighting each other for the right to pass, one of the goats simply knelt down and made himself as flat as possible. The other goat then walked over him and both goats proceeded safely.

Jesus taught that we are a divine idea in the Mind of God; a God seed unfolding into a Christ. If we can learn to experience a complete trust in that process no matter what seems to be happening around us, we will have a rise in consciousness and proceed safely upward on our path of spiritual evolution.

This is what Jesus did when he faced challenges and what led him to say, "It is not I but the Father within me who does the work." His human mind bowed down and allowed his Christ Mind to freely pass through and express. This also enabled God Mind moving through him to use him to heal the sick and feed the hungry. This is also what enabled him to rise above his own crucifixion experience saying, "What I do you can do also." The 'what' he was referring to is: To have 'a rise in consciousness,' which is exactly what Unity exists to help us to do.

We can absolutely become who God created us to be. Perfect expressions of God Life, abundant, whole, joyous, and peaceful. You and I can have it all by being all that God created us to be.

♥ In love and light, Bernadette



Bookstore Ministry

Lighted Path Bookstore Ministry

Team Leader: Grace Conners



Spring is coming! A joyous time of the year as new leaves start appearing on the trees and flowers start to bloom! Spring is a time of hope, anticipation and new beginnings. Do you feel inspired to do some “spring house cleaning”? It’s a great time to clear out clutter and make our inside spaces look new and fresh to match what is happening in nature.

Don’t forget that we also need to do “spiritual house cleaning”. Releasing spiritual/mental clutter and old baggage helps us feel lighter and more open to receive joy and new inspirations into our lives. You just might find a new meditation tape or book in the bookstore to help with this process.

Please stop by the bookstore on Sundays, look around and visit with the volunteer on duty.

Lighted Path Bookstore Sale

30% off our large selection of books during the months of March & April.

Fantasy is a necessary ingredient in living, it’s a way of looking at life through the wrong end of a telescope, and that enables you to laugh at life’s realities.

~Dr. Seuss



Lighted Path Bookstore Volunteer Schedule

March	3	Grace Conners	7	April
	10	Sandy Wilson	14	
	17	Shaun McCarton	21	
	24	Grace Conners	28	

Volunteers: Please contact **Grace Conners** or another volunteer if you cannot work your scheduled Sunday. Thanks.

Bookstore Ministry



We all possess glorious and precious treasures. Although these treasures are not always tangible, they are more valuable than silver or gold, for they make up the very essence of our lives. The following books, available in our Lighted Path Bookstore or Lending Library are resources Reverend Bernadette is using in her March and April lessons. Each one contains vital information about our spiritual quest to be all that God created us to be and to help each one of us to successfully complete our own evolution from betrayal and crucifixion, to resurrection and ascension consciousness. Pick up a book and bring the true meaning of Easter to life in your life.



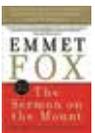
Keep a True Lent by Charles Fillmore

Unity believes that we can best keep Lent by denying ourselves not “things” but negative thoughts and feelings. Through prayer and study, we can contemplate the resurrection experience and practice its principles in our lives.



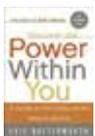
The Week That Changed the World by Ernest Wilson

This enlightening study gives you a new perspective on the 47 events of Holy Week, from Palm Sunday to Easter Sunday. Presented in the form of daily lessons, each chapter provides a thought-provoking look at each event.



Sermon on the Mount by Emmet Fox

Emmet Fox feels the Bible is a “textbook of metaphysics” and the teachings of Jesus express--without dogma--a practical approach for the development of the soul and for the shaping of our lives into what we really wish them to be.



Discover the Power Within You by Eric Butterworth

Eric Butterworth shares the greatest discovery of all time: the ability to see the divine within us all. Exploring this “depth potential,” Butterworth outlines ways in which we can release the power locked within us for better health, greater confidence, increased success, and inspired openness to let our “light shine” forth for others.



Prayer Ministry

You're never far from our prayer support:

email: phaedra@unityofvancouver.com or call: 360-696-0996

Daily Word Team Leaders: Larry & Joanne Turner

Call 360-694-4325 for a 24-hour taped inspirational message.

Silent Unity Prayer Circle Leader: Marti Skaer

Sundays from, 9:30-9:50am

Affirmations

March: We link our individuality with the one Presence and one Power. Centered in God as the Source of all, let us pray.

April: Set aside any intention except to bask in the power and presence of infinite love, wisdom, and life. God is the infinite love, wisdom and life that permeates all life. Single-minded, wholehearted and united in prayer we go within and affirm.

<i>March Affirmations</i>	<i>April Affirmations</i>
Thoughts be still. Let there be peace.	Peace flows like a river through my mind and heart.
By the power of divine wisdom, I know the way to go.	Immersed in divine wisdom, I listen, learn, and live.
I am one with, and now fully manifest, vigorous life.	One with God, I am the flow and vitality of life.
God is the source of all good I can imagine.	All things are possible in divine mind.
I am a radiating center of peace, blessing the world.	Let there be peace in all people at all times.
<i>We invite you to focus on these affirmations. Spoken aloud or silently, these affirmations support you in creating a spiritually centered life.</i>	

Affirmations are positive statements of Truth. By affirming Truth we are lifted out of false thinking into the consciousness of Spirit. Each time we pray positively and faithfully, we are calling forth the divine activity that is always within us.



My Prayer by James Dillet Freeman

“Be still, and know that I am God.” It is
An old familiar prayer.
I speak when I would know that I am His
And I am in His care.
I speak these quiet words and quietly
Enfolding mind and heart
Like a deep mantle of tranquility
I feel His stillness start
And grow until my restless world is caught
Out to its farthest rim
In that pure stillness past desire or thought
Where all is one with Him.

Prayer Of St. Patrick

Christ in the head of everyone to whom I speak.
Christ in the mouth of every person who speaks to me.
Christ in the eye of every person who looks upon me.
Christ in the ear of everyone who hears me today.

This prayer by Ernest Wilson is for the faint of heart who may give way to despair in times of trouble. Use this prayer to turn a faint heart to a stout heart that awaits and trusts in the turning of the tide.

“I believe in good outcomes. I expect the good. I await its fulfillment. I let patience have her perfect work. I work as I wait; work as if everything depends on me, and pray as if everything depends on God. As the nature of God in Jesus was mighty to overcome even the ‘last enemy,’ so I know Him to be mighty in me to perfect and fulfill that which concerns me and those I love. In quietness and in confidence I find my fulfillment.”



Youth Ministry

Youth Ministry

Team Leader:
Katherine Schuh



Youth Education: Katherine Schuh

Nursery: Phaedra Karoy

UNITEENS & Y.O.U.: Shari Frisbie

Spring is the season of new beginnings, rebirth and transformations. New life is blooming and abundant everywhere. The daylight hours are longer, green leaves and spring flowers are bursting forth on tree branches or shyly peeking from the gently warming ground. Our children have a new “spring” in their step and their creativity is in full bloom. I do love this time of year. We begin preparation for Easter with the beginning of Lent on March 6th. Youth Education class will celebrate the Easter Journey with some beloved stories from our Nursery Team Leader Phaedra’s own childhood. These are wonderful stories from the Serendipity series created by Steven Cosgrove and illustrated by Robin James. These stories use both real and fantastical animals to illustrate everyday moral and spiritual values. Special spring themed art projects and activities are planned to accompany these stories. If you take the time to visit our Youth Education area you will see spring butterflies, flowers and beauty in abundance thank you, Phaedra for these additions.

Children’s Easter Celebration - April 21, 2019

Youth Ministry Children’s Easter celebration will be during their regular class time and will include music, crafts, games and of course our ANNUAL EASTER EGG HUNT. We always have extra children for this fun event so please tell Katherine or Phaedra at least one week in advance, if you are bringing children or extra children. We want to have enough eggs, Easter games and surprises for everyone.

March Affirmation for Divine Strength:

Through the Christ in me I am strong in all that I do.

April Affirmation for Divine Wisdom:

By the power of divine wisdom, I know the way to go.
I am wise with the wisdom of infinite mind.



Y.O.U. SPONSOR: Shari Frisbie

Our Y.O.U. group is very excited about attending Spring regional Rally, April 12th to April 14th. We bless the church family for the wonderful support of our fundraisers that helps make our participation in this transformational activity possible. **Megan Williams** and **Shari Frisbie** are planning to attend this event at Camp Cispus.

March 3 Foodraiser: Irish Sundaes (baked potatoes & toppings)

April 7 Foodraiser: Pizza muffins with assorted toppings.

VOLUNTEERS where are you?

Katherine Schuh is on a sabbatical for the next few months while she continues to heal & your help is needed to keep our Youth Ministry thriving until she can return. If you can spend one or more Sundays a month with the children as a teacher or class aide, if you can share the gift of a story, music, or teach a dance, yoga, meditation, or facilitate an art project, etc. talk to us about it & let's get going. Everyone who volunteers and misses the Sunday service has the choice to receive either a written transcript of the meditation and lesson or a CD of the service. We also need help on other days to keep our supplies organized, Bulletin Boards decorated, toys sterilized and our children's books & toys in good repair.

Our Y.O.U. (teen) Sponsor also needs help. If you can see yourself helping to nurture our children's spiritual evolution in any way please contact **Katherine, Rev. Bernadette or Phaedra.** Call the church office at 360- 696-0996 and leave us a message or email **Phaedra** at phaedra@unityofvancouver.com.

Volunteer Teams & Team Leaders	
Bookstore: Grace Conners	Grounds/Building: Harvey Schuh
Caring For Each Other: Bernadette Voorhees	Dial-a-Prayer: Larry & Joanne Turner
Greeting: Sandy & Ken Hattan	Lending Library/CD : Sandy Wilson
Office/Mailing Support: Phaedra Karoy	YM: Katherine Schuh / Y.O.U.: Shari Frisbie



CIRCULATION DAYS - March 3 – April 28

Bring new or gently used items to Unity & put them on our Circulation Table in the Sanctuary &/or find a treasure to take home. No clothes or shoes. Please take such items directly to Share House or Friends of the Carpenter. "From you I receive, to you I give, together we share, in this life we live!"

JOY'S EASTER FEAST – APRIL 21 at 1 p.m.

Don't Be a Lonely Bunny! Hop over to Joy's house in Vancouver for good food, fun and fellowship and her annual Easter Luncheon on Easter Day at 1:00 pm. Please bring a side dish: appetizer, green vegetable, colorful vegetable, starch, salad, dessert, and/or gluten free bread. Please call 360- 980-1066 or email to RSVP and tell her which dish you are bringing. Joy will reply with directions.

AN EASTER PRAYER by Bill Fischer

At Eastertide the voices ring, "Our Lord, You are risen today!" O glorious Christ, You are not in the tomb; the stone has been rolled away. You rise again this Easter morn and show that we can rise too. Our hearts and minds are quickened now; through You our life is made new. No stone entombs us either, Lord, for like You we too are reborn, And we walk with you in the garden today, as You walked that first Easter morn.

Our Family Tree by Margaret Refosco

The rustling of the trees in the forest
whisper their secrets to me.

Once in a while
a leaf falls from its family tree
joining many others.

Sadly it lays there warmed by the sun
nourished by the rain
waiting for spring to blossom again.

Our family tree from the imagination of the child
in a Great Grandma.



Board Update



AFFIRMATION: "In our Unity of Purpose, we are guided by Infinite wisdom and prospered by Divine Love."

JANUARY 2019

MOTION PASSED: Manse and Mileage allowance: Moved and approved to set both at the allowable Federal amounts.

FEBRUARY 2019

There was no February Board Meeting.

Next Board Meetings: March 3 and April 7

Prosperity Bank Sundays: March 3 & April 7

We maintain our church home through monies collected the first Sunday of each month in our Prosperity Banks. If you don't have a Prosperity Bank a Ziploc bag works just as well!

We maintain & support our church home through monies collected each month in our Prosperity Banks. We have settled our insurance claim from the attempted break-in and vandalism that happened on Halloween 2018. The insurance money is not enough to cover the replacement of all of our broken Sanctuary windows & the damage to our office equipment, office windows and Youth Ministry windows & window blinds. We will have to raise the remainder of the needed monies through our Prosperity Banks and extra donations. It will be wonderful when this project is complete and we no longer have huge brown boards nailed over our windows.

YOU CAN HELP: A six-line informational message in the 'Places of Worship' section of 'The Columbian' newspaper is \$26 per week. We are asking for 12 Volunteer Sponsors to pay \$112 each to cover the cost of 1 month. Your extra gift of a \$26.00 or \$112.00 will help us to advertise Unity of Vancouver's services and workshops. Thank You!



Don't forget to set your clocks forward one hour March 10 for the time change!

Unity of Vancouver

WHERE LOVE IS FELT AND LIVES ARE CHANGED



3814 Franklin Vancouver, WA 98660

Phone: 360-696-0996

Fax: 360-735-8758

www.unityofvancouver.com

phaedra@unityofvancouver.com

Sunday Celebration Service 10–11am

Bookstore open after Sunday service.

Midweek Service Wednesdays, 7–8pm

Daily Word: 360-694-4325

Silent Unity: 816-969-2000

Español: 816-554-2580

**Planning to move? Please let us know
if you are moving or no longer wish to
receive this newsletter**

Return Service Requested

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